

How to Be a Hero in 3 Easy Steps.

Be ready for a disaster *before* it happens. A little planning makes a big difference.

Learn more at **montgomerycountymd.gov**

1 **Have a talk**

Talking things through can help create a sense of control and reduce stress.

2 **Make a plan**

Gather important information into one place and share it with your family.

3 **Make a kit**

Collect essential items to help you shelter-in-place in an emergency.